



SELFIE CALENDAR

JULY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Things To Remember:

- ✓ Read the hints on the next page to learn more about each selfie theme.
- ✓ Use the hashtag **#RTYselfie** to share and see other selfies!
- ✓ HAVE FUN!

1

WITH A
BEVERAGE



2

PAJAMA
DAY

3

YOU AND
YOUR
RUNNING
SHOES

4

RED,
WHITE,
AND BLUE



5

WITH YOUR
FURRY
FRIEND



6

WACKY
WILDCARD
#1

7

FLEX
FRIDAY



8

RUNNING
TWIN

9

POST-RUN
SNACK

10

MEDAL,
TROPHY,
OR RIBBON



11

MISMATCH
AND CLASH

12

FINISH LINE
POSE

13

BEAUTIFUL
BACK-
GROUND

14

IN A
COSTUME

15

EATING A
DOUGH-
NUT



16

BLURRY
ACTION
SHOT

17

BACKWARDS
DAY

18

WITH
CRAZY
PANTS



19

BEFORE
AND AFTER

20

TOWN
PRIDE



21

WACKY
WILD CARD
#2

22

CRAZY
HAIR

23

WITH A
FRIEND

24

FUNNY HAT



25

SWEATY
POST-RUN
HUG

26

FLATTEN
YOURSELF



27

WITH
SUPPORT
CREW

28

SHOOT
YOUR
SHADOW



29

FAST
FUEL

30

REFLECTIONS

31

YOUR
OTHER SIDE

Summer Selfie
Challenge



SELFIE CALENDAR

Welcome to the Summer Selfie Challenge!

After a series of physical monthly challenges, this one is all about fun! In the serious quest to complete 2,017 miles we also need to celebrate the lighter side of our journey and infuse some levity into our daily routines.

Each of these challenges is open to interpretation so go crazy with creativity! Try your best to incorporate your selfies into your miles either during, before, or after your workout.

Guidelines:

- ✓ Each picture in this challenge should be taken by you.
- ✓ Please keep your shared selfies appropriate for all audiences.
- ✓ Have fun and be safe! No selfie is worth risking your health or safety.

To complete this challenge, all you need to do is participate in at least 16 days of selfies! Share them with friends or on social media using the hashtag **#RTYselfie**

- 1 - **With A Beverage** - Water, smoothie, milk, orange juice, beer - it's up to you! Show us your hydration!
- 2 - **Pajama Day** - Just don't make us report you for public indecency!
- 3 - **You and Your Running Shoes** - Your face near your shoes means one plugged nose selfie.
- 4 - **Red, White, and Blue** - Happy Independence Day, America!
- 5 - **With Your Furry Friend** - Both heads must be in frame and you accept the risk of slobber on your face.
- 6 - **Wacky Wild Card #1** - Surprise us! We'll be reposting our favorites!
- 7 - **Flex Friday** - Show us your guns!
- 8 - **Running Twin** - That awkward moment when you go on an run and see someone wearing the same outfit.
- 9 - **Post-Run Snack** - No judgement from us, it's your snack.
- 10 - **Medal, Trophy, or Ribbon** - Bragging time! Show us your bling!
- 11 - **Mismatch and Clash** - When your shirt doesn't match your socks which don't match your shorts, show it off!
- 12 - **Finish Line Pose** - You just finished first place at your favorite race! How would you celebrate?
- 13 - **Beautiful Background** - What beauty do you see before/during/after your run?
- 14 - **In A Costume** - We know you have a race day costume hidden somewhere...
- 15 - **Eating A Doughnut** - Every runner needs "fuel", right?
- 16 - **Blurry Action Shot** - Show us your lack of focus.
- 17 - **Backwards Day** - Run The Edge is not responsible for injuries obtained while running backwards.
- 18 - **With Crazy Pants** - Have you seen the latest running tights trends?
- 19 - **Before and After** - Let's see you transform into the sweatiest, grossest, most tired version of yourself!
- 20 - **Town Pride** - Where are you from? Show us a shirt, mug, scenery, - whatever!
- 21 - **Wacky Wild Card #2** - You saw the first wild card round, now surprise us again!
- 22 - **Crazy Hair** - We all know your hair gets messed up during exercise, so why not mess it up beforehand?
- 23 - **With A Friend** - Step one: get friend(s). Step two: go run. Bonus points if you befriend a non-runner!
- 24 - **Funny Hat** - How often do you get to wear your goofiest hat for a run?
- 25 - **Sweaty Post-Run Hug** - Share the love, share the sweat!
- 26 - **Flatten Yourself** - Lay out your best workout or race day outfit in preparation for tomorrow.
- 27 - **With Support Crew** - Who's in your pit crew? Give them the glory today!
- 28 - **Shoot Your Shadow** - Hopefully your shadow is slower than Peter Pan's! Try to catch it in a photo!
- 29 - **Fast Fuel** - What fuels your rocket?
- 30 - **Reflections** - Reflect on the month, reflect on the year, reflect in the bathroom mirror.
- 31 - **Your Other Side** - We know running isn't your whole life, so show us your other side with a selfie!